

# THE ABSOLUTELY NO EXCUSES 12 WEEK COUCH TO 5K BEGINNER TRAINING PLAN

USE THIS COLOR CODED KEY FOR GUIDED EFFORT

**3 MINUTE JOG /  
3 MINUTE WALK /  
REPEAT UNTIL  
MILES COMPLETE**

**4 MINUTE JOG /  
4 MINUTE WALK /  
REPEAT UNTIL  
MILES COMPLETE**

**5 MINUTE JOG /  
5 MINUTE WALK /  
REPEAT UNTIL  
MILES COMPLETE**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Mileage
1	1.5	1.5	Rest	2	1.5	2	Rest	8.5
2	1.5	1.5	Rest	2	1.5	2	Rest	8.5
3	1.5	2	Rest	2	1.5	2.5	Rest	9.5
4	2	1.5	Rest	2	1.5	2.5	Rest	9.5
5	2	2	Rest	2	1.5	3	Rest	10.5
6	Rest	2	Rest	2	1.5	2	Rest	7.5
7	2	2	Rest	2	1.5	3	Rest	10.5
8	2	2.5	Rest	2	2	3.5	Rest	12
9	2	2.5	Rest	2	2	3	Rest	11.5
10	2	2	Rest	2	2	3	Rest	11
11	1.5	2	Rest	2	1.5	3	Rest	10
12	1.5	2	Rest	2.5	Rest	Race Day	Rest	9

